

Exercise: Presentation

Application:

This exercise can be used as an alternative way of introduction at eg. courses and workshops.

Step by step:

Each participant is handed 4 cards – one of each color.

Everyone needs to use at least 3 cards for their presentation - 2 cards that describe them the best and 1 card that describes them the least.

Now the participants must swap at least 1 card with each other to obtain the cards they each want to use in their presentation. (There's no restrictions on how many of each color they end up with)

Participants now presents themselves using the cards as a guideline.

Additional twist:

If the participants already know their DISC-profile they can place their DISC-dot on a DISC-poster after their presentation and create a team-view, which can be used for further dialogue.

dialogue